

JANUARY 2017

YOUR OFFICIAL COMMUNITY NEWSLETTER


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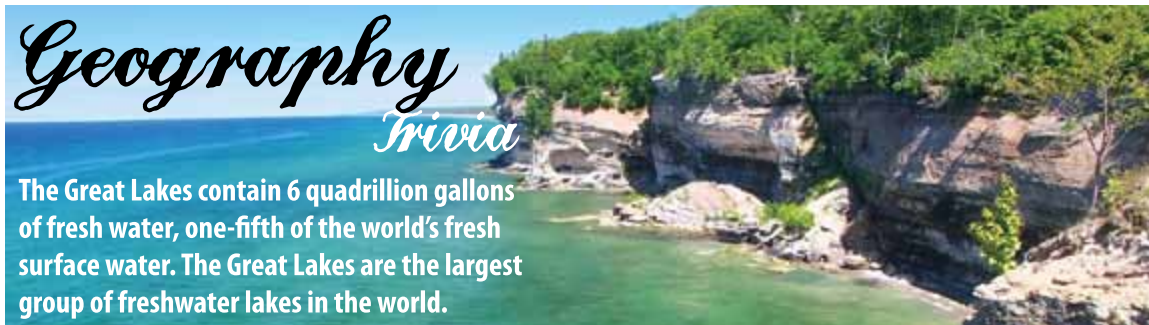
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# Geography

## Trivia

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## YOUR NEW BRIGHTON COMMUNITY ASSOCIATION

2 New Brighton Drive SE Calgary, Alberta T2Z 4B2  
Phone 403.781.6613 | general.nbca@gmail.com

[www.newbrightonca.com](http://www.newbrightonca.com)

Delivered monthly to 8,900 households and businesses for 8 years!

### Editorial Submissions

amy.gregson@hotmail.com

All editorial content must be submitted by the 1st of the month for the following month's publication.

### Advertising Opportunities

403-263-3044 | [sales@great-news.ca](mailto:sales@great-news.ca)

All advertisements must be submitted by the 1st of the month for the following month's publication.

### Published by Great News Publishing

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Check out our website:  
[www.great-news.ca](http://www.great-news.ca)



*The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Publishing and New Brighton Community Association.*

*The information contained in this newsletter is believed to be accurate, but is not warranted to be so.*

*Great News Publishing and New Brighton Community Association does not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.*

## IMPORTANT NUMBERS

ALL EMERGENCY CALLS		911
Alberta Adolescent Recovery Centre		403-253-5250
Alberta Health Care		403-310-0000
AHS Addictions Hotline		1-866-332-2322
ATCO Gas – 24 Hour Emergency		403-245-7222
Calgary HEALTH LINK 24/7		811
Calgary Police – Non Emergency		403-266-1234
Calgary Women's Emergency Shelter		403-234-7233
Child Abuse Hotline		1-800-387-5437
Kids Help Line		1-800-668-6868
Child Safe Canada		403-202-5900
Distress/Crisis Line		403-266-4357
ENMAX – Power Trouble		403-514-6100
Poison Centre - Alberta		1-800-332-1414
HOSPITALS / URGENT CARE		
Alberta Children's Hospital		403-955-7211
Foothills Hospital		403-944-1110
Peter Lougheed Centre		403-943-4555
Rockyview General Hospital		403-943-3000
Sheldon M. Chumir Health Centre		403-955-6200
South Calgary Urgent Care Health Centre		403-943-9300
South Health Campus		403-956-1111
OTHER		
Calgary Humane Society		403-205-4455
Calgary Parking Authority		403-537-7000
SeniorConnect		403-266-6200
Calgary Kerby Elder Abuse Line		403-705-3250
Alberta One-Call Corporation		1-800-242-3447
City of Calgary		311
Social Service Info & Referral		211
Community Mediation Calgary Society		403-269-2707
RNR Lockworks Ltd.		403-479-6161
Road Conditions – Calgary		511
Weather Information		511
Gamblers Anonymous		403-237-0654

January 2017



## CONTENTS

9	NBRA PROGRAMS	27	IT'S A NEW YEAR FOR HEALTHY SLEEP!
			by Chris Carruthers PhD
15	TRICO CENTRE IN JANUARY		
17	THE INDOOR GARDENER	28	EXPRESS YOUR INNATE POWER
	by Cindy DeJager		Dr. Alma Nenshi
21	CALGARY WILDLIFE: THE BOREAL CHICKADEE		
	by J.G.Turner		
25	ASK CHARLES: REAL ESTATE COUNCIL OF ALBERTA	29	OPEN EYES AND MINDS FOR HEALTHY PETS
			Jennifer L. Scott, B.Sc., D.V.M.

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# NEW BRIGHTON COMMUNITY ASSOCIATION CONTACT LIST

Mailing Address: c/o New Brighton Club, 2 New Brighton Dr. SE, Calgary, Alberta T2Z 4B2 • www.newbrightonca.com

EXECUTIVE		
President	Amy Ball	general.nbca@gmail.com
Vice President	Sidra Barkat	
Secretary	Karen Duffy	
Treasurer	Amanda Zarate	
DIRECTORS		
Memberships Director	Trevor McMurtie	members.nbca@gmail.com
Communications Director	Alanna Creagh	communications.nbca@gmail.com
Events Director	VACANT	
Director at Large	Cathy Eastman	
Director at Large	Scott Carriere	
Director at Large	VACANT	
BOARD COMMITTEES & SPECIAL GROUPS		
School Committee	Ryan Thompson	info@newbrightonschool.com
SECRS Representative	VACANT	

## CALL FOR VOLUNTEERS

We need your help! Volunteering has many benefits and only takes a few hours per month. We have a variety of positions available but would also love to hear a few more voices around the table. We generally meet on the third Thursday of each month at 7:00pm at the Clubhouse. However, please check our Facebook or Twitter for more current information.



**NEW BRIGHTON RESIDENTS ASSOCIATION**  
www.newbrighton-connect.com

## New Brighton Residents Association

2 New Brighton Drive SE • 403.781.6613

CONTACT US AT:

### General Manager

Carla Nickli • gm.newbrighton@shaw.ca

### Parks and Amenities Supervisor

John Riess • parks.newbrighton@shaw.ca

### Recreation Manager

Tanya Hinchelwood • pc.newbrighton@shaw.ca

### Customer Service Supervisor

Clare Lovely • newbrightonclub@shaw.ca

### Maintenance Foreman & Safety Officer

Kirby Doyle • foreman-newbrighton@shaw.ca

CONTACT INFO

### Park Hours:

Open daily: 9am – 10pm

### Office Hours:

9:00am – 10:00pm

Phone: 403-781-6613

Fax: 403-781-6611

www.newbrighton-connect.com



# NEW BRIGHTON CLUB

2 New Brighton Drive SE, Calgary, AB T2Z 4B2 • www.newbrighton-connect.com

Open 9:00 am - 10:00pm Monday to Sunday

## Where Friends and Neighbours Gather

The New Brighton Club is a year round recreational facility, consisting of a 6500 square foot building which is used for private rentals, programs, and special events! Also on site are 2 tennis courts, a beach volleyball court, basketball courts, a playground, a splash park, and a hockey rink. Members can gain access to these facilities using their issued membership card, and can also sign in up to 5 guests/household each visit.

If you are looking for a great venue for your upcoming special event, look no further! The New Brighton Residents Association has 3 spacious rooms available for rent, any day and time of the week... one of these three comfortable rooms will be sure to meet your needs!

**Banquet Room:** This stunning and newly renovated 1450 square foot Banquet Room is perfect for larger parties such as weddings, birthday parties, baby showers and anniversaries.

sary parties. With a little creativity, the possibilities are endless! This room can comfortably accommodate up to 110 people seated with remaining space for a small dance floor.

**Studio Room:** Accommodating up to 35 people seated, the Studio Room is 462 square feet, making it the perfect venue for smaller gatherings, such as: wedding/baby showers, birthday parties, information sessions, and meetings of all types!

**Board Room:** The saying that "great things come in small packages" is an understatement to describe this room. Although, it is the smallest of the three, our warmly decorated Board Room is the perfect venue for corporate meetings, trainings, and seminars. Containing, a large hardwood banquet table and reclining leather chairs, the board room will comfortably host between 8-15 people.

We provide the tables, chairs, and the room... now you just have to bring the smiling guests! Additionally, the New Brighton Club also has a kitchen available for use during all rentals. A complete list of our rental rates is available on the right of this page, please contact our Administrative Coordinator for all rental inquiries, by calling 403-781-6613, ext 2 or by emailing: newbrightonclub@shaw.ca. We look forward to hosting your next event soon!

## Rental Rates:

\$135 / FLAT RATE SECURITY CHARGE AFTER 10PM.

BANQUET ROOM	
1300 sqft	\$135 security charge flat rate
Residents	\$75 per hour or a day rate of \$600 from 9:00am to 1:00 am
Non-Residents	\$85 per hour or a day rate of \$800 from 9:00 am to 1:00 am
STUDIO ROOM	
Residents	\$40 per hour
Non-Residents	\$50 per hour
BOARD ROOM	
Residents	\$30 per hour
Non-Residents	\$35 per hour

**A security deposit of \$500 is required for all rentals, in the form of a post-dated cheque for the date of the scheduled rental.**

FIND IT FAST!

### NEW BRIGHTON RESIDENTS ASSOCIATION (RENTING/PROGRAMS)

C/O New Brighton Club  
2 New Brighton Drive SE, Calgary, Alberta T2Z 4B2  
Phone: (403) 781-6613, Fax: (403) 781-6611  
www.newbrighton-connect.com

### NEW BRIGHTON COMMUNITY ASSOCIATION (COMMUNITY ISSUES/SCHOOL BUILDING)

c/o New Brighton Club  
2 New Brighton Drive SE, Calgary, Alberta T2Z 4B2  
Email: general.nbca@gmail.com  
Website: www.newbrightonca.com

## Like us on Facebook



### The New Brighton Club

To stay with the latest "happenings" at the New Brighton Residents Association, please sign up for our bi-weekly e-Newsletter on www.newbrighton-connect.com.



## Learning Opportunities Ahead

### Talking About Dementia with Dr. David Hogan

Gain a better understanding of Alzheimer's disease and related dementias. Dr. David Hogan will lead an informative presentation and answer some questions from the audience. As a local expert on dementia, Dr. Hogan is the Medical Director of the Cognitive Assessment Clinic and holds the Brenda Strafford Foundation Chair in Geriatric Medicine at the University of Calgary. The Alzheimer Society of Calgary will also share information on the programs and services available to help you.

This is a fantastic opportunity for people looking to learn some excellent, introductory information about Alzheimer's disease or related dementias, or who may be searching for additional support, resources, hope and inspiration. There is no cost to attend but registration is required.

**Saturday, January 28th 10 a.m. – 12:00 p.m.**

Delta Calgary South (135 Southland Drive SE)

### Register today

Visit [www.alzheimercalgary.ca](http://www.alzheimercalgary.ca)

Call (403) 290-0110

Email [info@alzheimercalgary.ca](mailto:info@alzheimercalgary.ca)

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# NEW BRIGHTON CLUB SOLUTIONS

2 New Brighton Drive SE, Calgary, AB T2Z 4B2 • [www.newbrighton-connect.com](http://www.newbrighton-connect.com)

Open 9:00 am - 10:00pm Monday to Sunday

## Kick Start Your New Year's Resolutions

### Winter programs start January 9<sup>th</sup>, 2017!

A new year is here: resolutions have been set and now is the time to get started. The New Brighton Club is here to help! Our Winter programs get underway on January 9<sup>th</sup>! Join us for 8 weeks of NEW or FANTASTIC FAVORITES and achieve those fitness goals, enroll your child in a new activity, or love how you feel with a wide variety of offerings available.

Further details regarding all offerings are available on our website [www.newbrighton-connect.com](http://www.newbrighton-connect.com); Facebook page <https://www.Facebook.com/NewBrightonClub> or in the Clubhouse (located at #2 New Brighton Drive SE).

### This new year, we want to give YOU the chance to TRY our programs!

Meet our instructors and try something new! Who knows ... You may find a program that you love!!

From January 3<sup>rd</sup> to 5<sup>th</sup> we invite you to the Clubhouse to meet our instructors and try some of our programs with a week of sample class nights. The best part is, there is no charge to try!!

### Program Punch Passes give you a little flexibility in your routine!

The NBRA has "Adult Program Punch Passes" to help you with all your goals! This pass is available for both residents and non-residents making it the perfect opportunity to bring your friends or meet new friends along the way. Valid for the **full year**, it allows you to attend **10 classes of your choice for only \$125!** Punch passes will be available for purchase "in person" only, at our Customer Service Desk in the New Brighton Club.

### Gift Certificates

Gift certificates for all our programs are available in the main office in all denominations!

### New Brighton Swag

Coffee Mugs - \$10,

Yoga Mats - \$20, and

Lanyards - \$5 are now on sale!

Stop in the main office to check out all the amazing available products!

### Winter Fun in the NBRA Park.

Winter is here and this means some awesome amenities are available at the Clubhouse! Grab your family and friends to create some lasting memories with a pickup game on the outdoor Hockey Rink or skate around the fire pit on the Pleasure Rink! Both rinks are open daily from 9am to 9:45pm (weather permitting).

Each household can bring up to 5 guests per visit! If you are bringing guests, please be sure to sign your guests in the main office upon arrival.

If you wish to bring more than 5 guests, it is not a problem; however, you will be required to complete a "Park Guest List." The "Park Guest List" can be found on our website: [www.newbrighton-connect.com](http://www.newbrighton-connect.com) or you can collect a form from the office. The NBRA requires all completed requests to be received in the office at least 1 week before your event date for General Manager approval. Once approved, a "Park Guest List" permits residents to bring between 6-20 people into the park. Each home is permitted to submit up to 3 "Park Guest Lists" per year, so celebrate the change in seasons with us and get the most out of Winter!



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# NEW BRIGHTON CLUB

2 New Brighton Drive SE, Calgary, AB T2Z 4B2 • [www.newbrighton-connect.com](http://www.newbrighton-connect.com)

Open 9:00 am - 10:00pm Monday to Sunday

## Have your membership card?

All residents ages 12+ must have their membership card to gain access to the New Brighton Club. Those residents under the age of 12 must be accompanied by a parent, guardian or sibling (over 12 years). The NBRA must see a copy of the CERTIFICATE OF TITLE, as well as a piece of ID showing proof of residency, in order to receive your card. A certificate of title can be obtained from any registry if the original cannot be located. The NBRA can also obtain your title for you at a cost of \$20, just come during our office hours, 9am—4pm, on weekdays for this service. Lost your card? We can replace it for just \$10, visit the main office.

To ensure only New Brighton residents in good standing and their signed in guests are using the NBRA facility, our customer service representatives will conduct numerous card checks daily. All residents in the park must present their cards as proof of residency. All guests must be signed in at the office upon arrival to obtain a confirmation stamp. If you can't provide a card for more than 3 visits a new card must be purchased within the main office for \$10.

## Upcoming Special Events

**Our 2016/2017 Events are posted on our website ([www.newbrighton-connect.com](http://www.newbrighton-connect.com)) and Facebook page ([www.Facebook.com/NewBrightonClub](http://www.Facebook.com/NewBrightonClub)), so be sure to RSVP and save your space for all NBRA events today!**

### Thank You!

The NBRA is so thrilled so many of our amazing residents join us this holiday season to celebrate!

What a festive month! Thank you to everyone who joined Santa at the Christmas in the Clubhouse event held of December 3<sup>rd</sup>, 2016. We hope that you enjoyed getting into the spirit of the holiday as much as we did!



All the beautifully decorated homes this year made our Brighton Up Your Home event a huge success and very difficult to judge! Thank you to everyone who participated in this event and congratulations to our winners! You all made our community look fantastic!

A special thank you to our **amazing event sponsors!** It is truly your support and generosity that has helped make each and every one of our events happen, we appreciate everything you do!!

**Trevor Morrison** of Morrison Realty, **Todd Purcell** of Dominion Lending, **Naiad Irrigation LTD**, **Morrison Homes**, **Brookfield Residential**, **ATB Financial**, and **First Calgary Financial** your continued sponsorship has made 2016 an amazing year of fun filled events! We can't thank you enough!!

### 12<sup>th</sup> Annual 3 on 3 Hockey Tournament

**Friday, Saturday and Sunday January 27<sup>th</sup>, 28<sup>th</sup> and 29<sup>th</sup>, 2017**

It's time once again to take in some exhilarating action with 3 days of Canada's favorite sport. Join us for our 12<sup>th</sup> Annual 3 on 3 Hockey Tournament! Starting Friday January 27<sup>th</sup> from 6pm to 9:30pm and continuing Saturday January 28<sup>th</sup> and Sunday January 29<sup>th</sup> from 9am to 6:30pm; players 16 years and older are eligible to show off their skills in a head to head competition, facing off with neighbors and friends!

The Tournament will consist of 16 teams all playing for the gold! Registration must be completed in person, so please stop by the office to pick up your team's registration package. Be sure to register your team soon, as space is limited and this tournament will fill up quickly!

Not a hockey player? No problem, there will be hot chocolate, games, winter activities, and of course nail biting action!

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# NEW BRIGHTON RESIDENTS ASSOCIATION

## An Affair of the Heart

**Saturday February 4<sup>th</sup> @ 6-9pm**

Love is in the air! We want to share this loving feeling with the couples of New Brighton. This Valentine's Day weekend, we invite you to spend a date night with us! Wine tasting, painting, and food pairing await! This event is open to adults (18+) and RSVP is required on our website [www.newbrighton-connect.com](http://www.newbrighton-connect.com). **Due to the nature of the event tickets are \$20 per person or \$35 per couple and are available now.**

## Calling all Volunteers

The NBRA is always looking for great volunteers like you! If you would like to get involved in one of our spectacular events? Please contact [pc.newbrighton@shaw.ca](mailto:pc.newbrighton@shaw.ca) call 403-781-6613 or visit our website [www.newbrighton-connect.com](http://www.newbrighton-connect.com) for more details!

## Sponsorship Opportunities

Would you like to get involved in the community?

Have your company logo and presence in the foreground of everyone's mind attending NBRA events.

We have a variety of Sponsorship opportunities available! If you are interested in becoming a valued sponsor, please let us know! Email [pc.newbrighton@shaw.ca](mailto:pc.newbrighton@shaw.ca) call 403-781-6613 extension 1.

## Upcoming Workshops

### Junior Canvas Creations (6+)

**Saturday January 28<sup>th</sup> @ 9:30am-12pm: Res: \$30 / Non-Res: \$40**

Kids are invited for a morning of creativity! Learn the techniques behind different painting styles and get in touch with your inner artist while visiting with friends! Create your masterpiece from start to finish and take it home to show off your new skills.

### DIY Creations (18+)

**Friday January 13<sup>th</sup> @ 6:30pm-9pm: Res: \$60 / Non-Res: \$75**

Embrace your creativity with this interactive workshop! Join us for an evening of step by step instruction to creating your own DIY creations while visiting with your friends! All supplies are included and you get to take home a new addition to your home décor! Drinks will be available for the duration of the workshop. \*Note: additional cost for drinks\*

## Clubhouse Activities

### Storytime

**Every 2<sup>nd</sup> Friday from 10:45-11:15am  
January 6<sup>th</sup> and 20<sup>th</sup>**

Spend the morning with the Calgary Public Library, listening to stories and singing songs that the whole family can enjoy! Great for ages 0-5 years!! **The book truck will also be on site on these mornings from 10am to 12pm.**

### Mommy and Me Meet Up

**Every Wednesday from 10-11:30am, \$2 drop in or \$55 for the year**

Bring your littles ones and join us for a fun morning of activity, stimulation, and socialization. Kids will enjoy games and toys, while parents will enjoy coffee, snacks, and great company!

## New Brighton's Seniors Club

### Every Thursday from 10:30am- 12:00pm

The New Brighton Club is excited to host the New Brighton Seniors Club! Offering a variety of different activities including crafts, games, great conversation and so much more. Spend your time enjoying new activities, meeting new friends, and exploring everything that New Brighton has to offer.

### Under 18 Club (12-17yrs)

**Friday January 6<sup>th</sup>, 6:30pm -9pm** (\$2 drop in, includes snacks)

It's Tween/Teen Nights! Bring your friends and enjoy a new activity every month. Join other local tweens and teens for

~continued next page~

# NEW BRIGHTON RESIDENTS ASSOCIATION

a fun night of friendly competition, games and of course lots of laughs! For only \$2 you can enjoy snacks, karaoke, "Minute to Win it", "Amazing Races" and so much more! Be sure to check our website and Facebook page for each month's activity guide and you won't be disappointed! January's theme will be **Winter Wonderland!**

## Movie in the Club

**Friday January 20<sup>th</sup>, 7pm -9pm** \$5 per family (2 adults and 3 kids)

Join us for an exciting evening of family fun! We offer a cozy space for the kids to get comfortable and plenty of seating for parents to sit back and relax. Check out our website at [www.newbrighton-connect.com](http://www.newbrighton-connect.com) and browse the "News and Events" tab to find the movie of the month. Spend a great evening with your family and most importantly, enjoy the show!

## New Brighton Residents Association Winter Maintenance

Did you know, that in addition to maintaining the New Brighton Club Facility and Park, the New Brighton Residents Association (NBRA) also provides enhanced landscape maintenance in several areas within the community?



The New Brighton Residents Association Board of Directors has carefully reviewed the community's snow removal needs for the 2016/2017 winter season. Upon careful consideration, the NBRA Board of Directors has selected several high traffic areas which will be maintained by the NBRA maintenance team throughout the winter months. The NBRA will ensure snow removal, as well as sanding/gravel (within 72 hours of snowfall), of the following areas: all four New Brighton entrances and the regional pathways. To ensure maximum enjoyment for residents, snow removal will be completed on NBRA property before the designated areas within the community (NBRA property includes both the hockey and pleasure skating rinks, all entrances into the facility and shop, as well as the parking lot). Once these areas are complete, the NBRA team will proceed into the community. The map below indicates in detail these areas with the community that will be maintained by the NBRA for the 2016/2017 Winter Season.

For questions or concerns regarding any landscape maintenance maintained by the New Brighton Residents Association, please contact the Parks and Amenities Supervisor at (403) 781-6613, ext. 3 or the General Manager at 403-781-6608.

### Help us keep the community looking great!

The snow is starting to fall and this means our team will be out working hard on the removal. We ask all our amazing residents to help us out, by doing your part and ensuring your driveways and sidewalks are cleared.

This winter the New Brighton Residents Association would like to celebrate our community snow angels. If you have an amazing neighbour that is always going above and beyond to help out with snow removal in the community we want to hear about it. Each month from November to March we will be recognizing those snow angels!

Please email us at [pc.newbrighton@shaw.ca](mailto:pc.newbrighton@shaw.ca) with the name of your snow angel and together we can help our community look its best!

# NEW BRIGHTON RESIDENTS ASSOCIATION

## Looking for New Ways to Promote your Business?

The New Brighton Residents Association has launched advertising information for upcoming events, programs and local businesses on the monitor located in our skate change room. This fantastic marketing opportunity provides businesses with the ability to reach 700 people (on average) each week, for as little as \$15 a month. We have a variety of sizing options available! For more information and to get your business recognized throughout the New Brighton community, please contact our Recreation Assistant at 403-781-6613 extension 1 or via email at [recassist.newbrighton@gmail.com](mailto:recassist.newbrighton@gmail.com)

## Sponsorship Opportunities

Would you like to get involved in the community?

Have your company logo and presence in the foreground of everyone's mind attending NBRA events. We have a variety of Sponsorship opportunities available! If you are interested in becoming a valued sponsor please let us know! Email [pc.newbrighton@shaw.ca](mailto:pc.newbrighton@shaw.ca) or call 403-781-6613 extension 1.

## Good Food Boxes

"The Good Food Box" (GFB) is a program under the Community Kitchen Program of Calgary whereby you can purchase fresh fruits and vegetables at a very low cost. Interested in getting a box? Visit us in the main office to place your order! Don't forget to order your next Good Food Box before the cut-off date, which is **noon on January 10<sup>th</sup>, 2017.**

Box Options:

Small Box: \$25, 20-25lbs of fruits and vegetables

Medium Box: \$30, 30-35lbs of fruits and vegetables

Large Box: \$35, 40-45lbs of fruits and vegetables



## A Special Space for Your Special Event!

Looking to plan your next event? The New Brighton Club has rental space available to make that next special event a fantastic celebration! Our Banquet room, Studio Room and/or Board Room could be just what you need to make your next event a truly memorable one! Check out our availability by calling 403-781-6613 ext. 2, to see if we can help make your event dreams a reality.

## Want to stay connected?

The NBRA always has new and exciting things to share! Connect with us on Facebook, Instagram, Twitter and by joining our mass email and keep up to date on all the latest and greatest news, events and what's happening in the clubhouse and community.

To join our mass email, visit us at [www.newbrighton-connect.com](http://www.newbrighton-connect.com) and click the Newsletter sign up button on the right hand side of the page.



**OPEN HOUSE:  
TUES FEB 7<sup>TH</sup>**

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# SUPPORT NEW BRIGHTON COMMUNITY ASSOCIATION

## Purchase your membership today!

The difference between a Community Association and a Residents Association is:

### COMMUNITY ASSOCIATION

- Annual fee is voluntary
- Made up of Resident volunteers who live in the Community
- LOBBY FOR SCHOOLS IN THIS COMMUNITY
- Act as a political voice and advocate in civic matters
- Manages and directs community sporting leagues
- Works with Block Watch to make our community safer
- Provides articles for the monthly Community Association newsletter, the New Brighton Buzz
- Responsible for working with the City on a wide variety of community issues such as traffic calming, playground zones, city park issues, etc.

### RESIDENTS ASSOCIATION

- Annual fee is mandatory through an encumbrance filed on each property in New Brighton
- Created and managed by the Developer until the community is substantially built out, fees go towards the operations and maintenance of the land and amenities (assets) that are owned by the Residents Association such as the Club, 3+ acre park (that includes the water splash park, tennis courts, hockey rink), entry features and pond fountains, for the lasting enjoyment of its membership, the property owners. Coordinates a wide variety of programs and events, at the Club and in the park, to residents in the community.

## Because You Value Your Community

### Be sure to Renew or Purchase your New Brighton Community Membership (NBCA)

Benefit from sports, activities and partner discounts at Trico Centre for Family Wellness - Secure a vote at public meetings, or make a difference by joining the Board - and more! Please fill out the membership request form below and send it to your NBCA today!

Please select the type of membership you that you would like to purchase:  
\_\_\_\_ Family (\$20.00) or \_\_\_\_ Individual / Senior (\$15.00)

Name(s): \_\_\_\_\_

Date: \_\_\_\_\_

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Email Address: \_\_\_\_\_

Phone number: \_\_\_\_\_

Please mail or drop off this form and your payment (cash, cheque or money order) to the following address:

#### New Brighton Community Association

C/O New Brighton Club  
2 New Brighton Drive SE  
Calgary, Alberta T2Z 4B2

Contact your New Brighton Community Association Board at [general.nbca@gmail.com](mailto:general.nbca@gmail.com)

visit our website: [www.newbrightonca.com](http://www.newbrightonca.com)



Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see [www.tricocentre.ca](http://www.tricocentre.ca) to find out more.

### January at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our passes are affordable and our programs are family-friendly. With a pass, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week, use the gymnasium, swim, skate, or play shinny, plus you get 20% off our fun, active registered programs.

Residents of communities partnered with Trico Centre (yours!) pay 20% less for a Trico Centre pass with presentation of a community association membership or payment of the Community Support Fee (which is sent to your community association.)

### Recession Busters

- The Trico Cares program offers fee assistance for passes and admissions. Plus, we have partnered with organizations that offer fee assistance for programs (Canadian Tire Jumpstart, KidzFirst, KidsSport). See [www.tricocentre.ca](http://www.tricocentre.ca) for details.
- Affordable swim specials: 8:30-9:30pm Monday to Saturday, just \$3/person. Sundays 6-8pm, Family Night Swim, \$3/person.

### Register for Winter Programs

It is not too late to register for January-start programs for children, adults, and older adults.

### Adults/Older Adults

- Amp up your fitness with registered adult programs starting in January: Cardio Kickboxing, Cardio Dance, Ballet Barre Blast, DancePL3Y. Improved strength and wellness with Myofascial Stretch and Release and Straighten Up!
- Cool new program: Strike It Cardio Drumming: Free Demo class on January 6 from 7:30-8:30pm.
- January is a great time to get back to the fitness centre – more than 70 drop-in fitness classes every week included with your pass.
- Small Group Training: personal training made affordable. Maximum of 4 participants in each focused group. Choose from fat burning, healthy back and joints, learning the basics, power lifting, and designing your own strength program.
- For older adults: registered multi-week programs starting in January include Balance Builders, Bone Builders, Chair Yoga.



### Families

- Registered family programs: Mommy & Me Fitness, Mommy & Me Barre, Mommy/Daddy & Me Aquafit, Pre-Natal Aquafit.
- Family Night: Sunday Night is Family Night – swim from 6 to 8pm. Free for pass holders; general public is \$3 per person.

### Children & Youth

From “just learning to walk” to teenagers: swim lessons, skating lessons, dance, gymnastics, creative, sports/active, karate, mind/body - programs for every age.

### Students

High School Student January Exam Stress Release Pass, January 1-31 just \$22.

Trico Centre is located at 11150 Bonaventure Drive SE. Residents of partnered communities' pay 20% less passes than those who reside outside partnered communities. Phone: 403-278-7542 or see [www.tricocentre.ca](http://www.tricocentre.ca) to find out more.

## IN & AROUND CALGARY

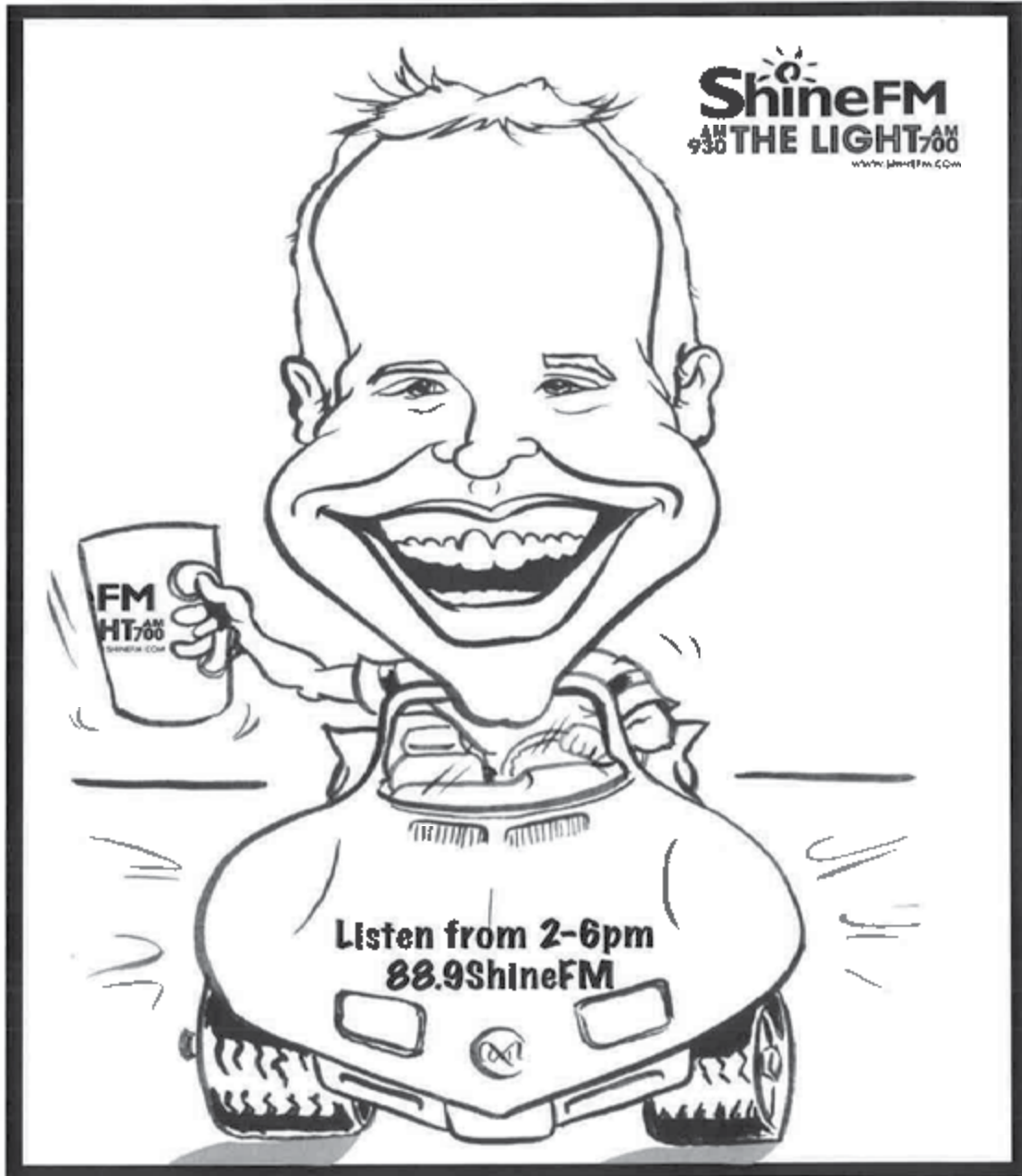


### Free ESL Classes

Develop essential vocabulary, pronunciation and conversation skills with native English-speaking volunteers. Weekly 1.5 hour classes on Wednesday mornings, Thursday evenings and Sunday evenings. Adults +18, school-aged children if accompanied by adult. Register at [calgaryesl.ca](http://calgaryesl.ca).



Kids Colour and Win!  
Send to Colour2Win@shinefm.com



**Mountain Mike Keeping you Company on the Drive Home**



# The Indoor GARDENER

by Cindy DeJager

## PRAYER PLANT

(marantaceae leuconeura erythroneura)

Origin: Brazil

In the evening the leaves stand up facing each other, like praying hands, and lay flat during the day.

This is one of my favourite house plants! I love a plant that has something special about it – and this one certainly does.

### HOW DOES A PRAY PLANT PRAY

Circadian rhythm, the change in light from day to night, triggers water to move in and out of the plant cells causing them to fold up at night, hence the name, Prayer Plant.

The most popular are the colourful marantaceae leuconeura erythroneura (Herring bone, Red-nerve plant, Red-veined prayer plant) with its burgundy veined leaves (pictured above), and the green m. leuconeura kerchoviana (Rabbit track).

These plants don't like the cold – so a windowsill in the winter may cause the edges of the leaves to brown. Browning of the leaf edges may also indicate low humidity.


Maranta loves humidity but not wet soil – make sure that your tropical potting mixture has some vermiculite or perlite in it for good drainage.

Feed it every 2 weeks with a 10-10-5 plant food.

Moderate lighting; no direct sunlight for this beauty; otherwise you will notice the color fading from the leaves.

As a matter of fact, most vibrant and colourful foliage does not need direct sunlight at all; rather, pale foliage and variegated houseplants require brighter or direct sunlight to produce photosynthesis.

The secret to success with the Prayer Plant is high humidity.



**Footloose Photography**  
BY SHERI

**MATERNITY, NEWBORN AND FAMILY PHOTOGRAPHY**

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[divinematchmaking.com](http://divinematchmaking.com) | 403-456-4870



# Heart at Play

## Raising Heart Healthy Families

Save the Date!  
More details to come

**Saturday February 11<sup>th</sup>**  
4<sup>th</sup> annual Heart Healthy Family Day  
10:00am - 1:00pm

Join us to explore heart healthy habits for life!



- Wondering about healthy snacks + meals for life on the go?



- Wondering about small changes you can make for a healthier life?

### What to Expect!

- Interactive booths
- Blood pressure checks
- Healthy lifestyle information
- Delicious cooking demos
- Q+A time with healthcare providers
- Heart pumping activities
- And more FREE family fun!

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FIND SOLUTION ON PAGE 32

## CBE BOARD OF TRUSTEES

Website: <http://www.cbe.ab.ca> • Email: [boardoftrustees@cbe.ab.ca](mailto:boardoftrustees@cbe.ab.ca)

### Working together for our students

A locally accountable Board of Trustees is important. We are elected by the citizens of Calgary and we work hard to ensure parents, students and community members have a voice at the CBE. We advocate with all levels of government for public education and what is in the best interest of CBE students.

We listen and respond to the concerns and aspirations of parents, students, employees, public and government. Trustees provide this information to Administration, who in turn respond to and/or action this feedback. We have monitoring systems in place to ensure that once we identify priorities, they are carried out by our system.

As Trustees, we are active in our school communities. We listen and seek to understand more about what is important to our community. Recently, we've had conversations with parents about transportation, about the need for space for schools close to where our students live, funding for modernizing the existing schools in our system, and about the need for resources to support our diverse and complex system and all of our students in their learning. Even though we advocate for a large system, each student is unique and deserves the best public education experience we can provide.

We work hard to be strong advocates for our students and advocate for what is in the best interest of the CBE and public education.

The Board of Trustees believes in strong partnerships: with parents, students, staff, communities and all levels of government. By working together, we can make a difference for our students today and for our future.

If you would like to invite your Trustee to join you for your school council meeting or are interested in having a conversation with your Trustee, please contact us at [boardoftrustees@cbe.ab.ca](mailto:boardoftrustees@cbe.ab.ca)

You can contact the Board of Trustees at [boardoftrustees@cbe.ab.ca](mailto:boardoftrustees@cbe.ab.ca).

Follow the Calgary Board of Education on Twitter @yycbedu



For more information contact April Matsuno 403.956.3932 or [april.matsuno@ahs.ca](mailto:april.matsuno@ahs.ca)



## Green Line LRT

Green Line in my community



We've taken your feedback provided in the past on things like route alignment, station areas and transit oriented development and incorporated it into more detailed plans for how the Green Line will function in your community. With Green Line going to City Council for approval on final route alignment and station locations in June 2017, we're looking for your help one more time!

Join us at information sessions this month where we'll share how Green Line could operate and connect with your community once built. You know your community best so we want to hear from you!

There will be six sessions along the entire Green Line from North Pointe to Seton this January. Go to [Calgary.ca/greenline](http://Calgary.ca/greenline) for details and follow the Green Line story on Twitter @yyctransport #GreenLineYYC.

#GreenLineYYC | @yyctransport  
calgary.ca/greenline | contact 311

CALGARY



WILDLIFE

# The Boreal Chickadee

JG Turner

The Boreal Chickadee is a typical member of the chickadee family: noisy, active and highly social. Although considered 'large' by chickadee standards, the Boreal Chickadee is a very small bird (weighing in at .2 - .4 oz or 7-12 g, 4.7-5.5" or 12-14 cm long). It has a dull brown cap, rufous (rich brown) sides and flanks and whitish cheeks, wears a black bib and has a tiny dark bill and short dark tail. All members of the Boreal Chickadee family share the same brown toned colouring. The Boreal Chickadee has the same flight pattern as its other chickadee relatives: it makes short flights from place to place on rapidly beating wings, alternating a few quick shallow strokes then pulling its wings to its sides to glide briefly before beating them again.

### Fun Facts:

- This little bird is a year round resident in boreal forests in its range, which goes all the way up to the Arctic Circle, all across Canada.
- In Alberta, the Boreal Chickadee can be seen in the mountains, foothills, northern parklands and boreal forests. It is the most common chickadee found in the extreme northeast and northwest of the province. The Black-capped Chickadee is more commonly found in Calgary.
- Its habitat is coniferous forests, but it can also be found in mixed woods forests, where it can be seen foraging for seeds, insects and their pupae and larvae, in the foliage of coniferous and deciduous trees, even hanging upside down to access a food source!
- Pairs remain together and they nest in holes in trees or stubs, such as in a natural cavity or old woodpecker holes.

- The Boreal Chickadee has several survival strategies for living in a cold climate:
  - it hides food in the fall;
  - it has denser feathers than most other birds and puts on heavier plumage in the fall, creating a comfortable 'parka' for itself; and
  - in cold weather, it can lower its body temp at night from 42C to 29C (108F to 85F) which conserves stores of insulating fat.

The Boreal Chickadee often flocks with other bird species in the winter and will visit backyard feeders, where they can be seen squabbling amongst themselves over access to the feeder. They are attracted by suet, raw sunflower seeds and shelled peanuts.

If you find an injured or orphaned Boreal Chickadee or other wild bird or animal, please contact the Calgary Wildlife Rehabilitation Society at 403-239-2488 for tips, instructions and advice, or look at the website at [www.calgarywilodlife.org](http://www.calgarywilodlife.org) for more information.

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"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."

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403.668.6402

A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.

# IN & AROUND CALGARY



## Top 4 New Year's Resolutions for a Better Neighbourhood

A message from the Federation of Calgary Communities Building Safe Communities Program

Happy New Year! A better neighbourhood starts with you - start 2017 by being a good neighbour!

Here are 4 initiatives you can do to improve your neighbourhood:

- 1. Don't be a stranger** - Make it an objective to say "hello" to at least three neighbours that you don't know by name. Who knows maybe you'll make new friends!
- 2. Experience the great outdoors** - Plenty of neighbourhoods across our city have access to parks and pathways. Make it a point to be outside more often. Not only is getting outside good for your mental and physical health but it can build a greater appreciation for your neighbourhood.
- 3. Look out for one another** - Creating a safer community requires doing 1) and 2) on the list. When you're connected to your neighbours a sense of safety can be achieved. The more often you're outside, you can readily identify any unsafe aspects in your community.
- 4. Purchase a membership** - Obtaining or renewing an annual membership to your community association can offer social, recreational opportunities and community life.

For more resources check out our website at [www.calgarycommunities.com](http://www.calgarycommunities.com) under the Building Safe Communities tab.

## Gardening by the phases of the moon

**January 5 First Quarter (waxing)**  
Moonlight is strong, encouraging leaf growth. It is a good time for planting, especially two days before the full moon. Take cuttings from plants you wish to propagate. Fertilize as close to the full moon as possible.

**January 12 Full Moon (waning)**  
As the moon wanes, the energy is drawing down. Strong gravitational pull but moonlight is decreasing putting energy into the roots.

**January 19 Last Quarter (waning)**  
Decreased gravitational pull and moonlight. A resting period. Take cuttings from plants you wish to propagate. Dry herbs, flowers and fruit. If you want to control growth or encourage rooting, perform the necessary activities during the waning moon.

**January 27 New Moon (waxing)**  
Increasing moonlight, lunar gravity pulls water up encouraging plant growth and proliferation. Grafting, transplanting, re-potting, and watering. Gather herbs used for essential oils. Planting is most concentrated at this time.



## New Brighton Real Estate Update

Last 12 Months New Brighton  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
November 2016	\$467,900.00	\$458,500.00
October 2016	\$432,250.00	\$422,500.00
September 2016	\$464,900.00	\$450,000.00
August 2016	\$449,000.00	\$435,000.00
July 2016	\$449,900.00	\$435,000.00
June 2016	\$468,500.00	\$455,000.00
May 2016	\$461,950.00	\$454,000.00
April 2016	\$442,450.00	\$432,000.00
March 2016	\$459,500.00	\$444,000.00
February 2016	\$459,900.00	\$440,000.00
January 2016	\$446,950.00	\$440,500.00
December 2015	\$450,500.00	\$439,500.00

Last 12 Months New Brighton  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
November 2016	10	13
October 2016	17	26
September 2016	28	17
August 2016	23	17
July 2016	23	17
June 2016	19	21
May 2016	25	22
April 2016	35	20
March 2016	21	25
February 2016	29	23
January 2016	29	10
December 2015	10	16

To view more detailed information that comprise the above MLS averages please visit [new\\_brighton.great-news.ca](http://new_brighton.great-news.ca)



## EARLY BIRD SPECIAL!

SPECIAL PROMOTION!

**2017 Season Motorcycle/Scooter Courses**

Offer available: Jan 1 - Feb 10/2017

**Pay only \$450.00 On a \$550.00 Motorcycle course**

**OR**

**\$200.00 For a \$300.00 Scooter course**

- Full payment required at time of booking.
- Recipient will be slotted into available course openings of their choice.
- No refunds on this promotional offer, but this exciting opportunity is transferable!

**For further information please call or e-mail your request today!**

[general@calgarysafetycouncil.com](mailto:general@calgarysafetycouncil.com)  
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**Celebrating February & March 2017 As dental awareness Month Please Call For Details.**

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**Councillor, Ward 12  
Shane Keating**  
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Twitter: @CouncillorKeats  
Facebook: <http://www.facebook.com/CouncillorKeating>  
Web: <http://shanekeating.blogspot.com/>

Happy New Year Ward 12! Whether it was recreation centres or new schools, 2016 was a year of new beginnings for southeast Calgary. 2017 is going to be another big year as we continue progress on projects like the Seton Recreation Centre, the Green Line LRT and the Deerfoot Trail Study.

#### Notices of Assessment

Assessment notices are mailed out to property and business owners in the first week of January. These assessments provide the property value that your property taxes will be based on. If you do not agree with your assessment, you do have the opportunity to take part in the Customer Review Period. The Customer Review Period will be open from January 5 to March 6, 2017. Changes to your assessment will only be considered during this window.

You can visit [calgary.ca/assessment](http://calgary.ca/assessment) for more information.

#### Deerfoot Trail Study

In 2016 a comprehensive study of Deerfoot Trail kicked off. The City of Calgary and Alberta Transportation are working together on this comprehensive study, the first of its kind since the mid 1990s. Twenty-five years is a long time between studies of such an important roadway and Calgary's relationship with Deerfoot has changed dramatically in this period of time.

In June the study team gave Calgarians an opportunity to express their feedback. In total the team received feedback from more than 10,000 people. Here are some of the early trends from the feedback the team received:

- The most travelled route on Deerfoot is from Stoney Trail South to Glenmore Trail;
- The most congested segment was reported as McKenzie Lake Blvd to Glenmore Trail;
- The Douglasglen/McKenzie Lake areas had the most respondents through the engagement process.

The team is moving into the next steps of this study where they will be developing and refining some short-term improvement options for existing problems. I look forward to seeing the recommendations from the team and will continue to discuss opportunities for alleviating congestion with our colleagues at Alberta Transportation.

You can keep up to date with the Deerfoot Trail Study by visiting [calgary.ca/Deerfoot](http://calgary.ca/Deerfoot)

#### Ward 12 Open House

Each year my office hosts a Ward 12 Open House. We invite City of Calgary departments and external stakeholders to participate. They will have presentation booths that provide information and they will answer your questions. The 2017 Open House is right around the corner, and I am looking forward to hearing your feedback!

**When: Wednesday, February 8 from 7:00pm – 8:30pm**

**Where: Remington YMCA, 108 Quarry Park Road SE**

Feel free to contact my office if you have questions about our open house.

## REAL ESTATE COUNCIL OF ALBERTA



# Ask Charles

***I'm selling my home, and the potential buyers also want to use my real estate professional to represent them. Is that allowed?***

*To submit a question, email [askcharles@reca.ca](mailto:askcharles@reca.ca).*

Yes, that's allowed. The situation you're referring to is called transaction brokerage. Transaction brokerage is a service option when your real estate professional represents a buyer client interested in purchasing the property in which you are the seller client. The reverse is also true – transaction brokerage is a service option when you're interested in buying a property and the property's seller is also represented by your real estate professional.

When a real estate professional works on behalf of only one client in a transaction – the buyer or the seller - they have legal responsibilities, which include:

- undivided loyalty to their client
- acting in their client's best interest at all times
- the duty to avoid conflicts of interest
- the duty to disclose conflicts of interest when they arrive.

Transaction brokerage changes the services your real estate professional is able to provide to you and to the other party in the transaction. A real estate professional who is working with both the buyer and the seller in a transaction cannot fulfill all of their legal responsibilities because there is a conflict between the best interests of the buyer and those of the seller. The buyer wants to pay as little as possible for the property, while the seller wants to sell their property for the highest possible price. It is impossible for a real estate professional to advocate for and represent the best interests of a buyer client AND seller client in the same transaction.

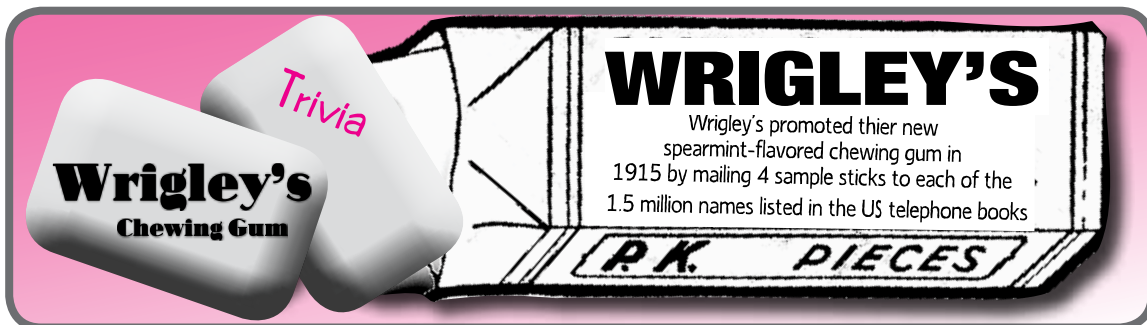
This is when and why transaction brokerage becomes an option. In transaction brokerage, the real estate professional will provide facilitation services to you and the other party. These services include:

- helping the buyer and seller negotiate an agreement
- giving the buyer and seller property statistics and information, including comparative information from listing services and local databases
- providing and preparing agreements of purchase and sale, and other relevant documents according to the buyer and seller's instructions

A transaction facilitator has to treat both parties in an even-handed, objective, and impartial manner. They must remain neutral, not advocate for either you or the buyer, and they cannot provide confidential advice.

Before a real estate professional proceeds with transaction brokerage, both the buyer and the seller need to provide their informed consent by signing an *Agreement to Represent both Buyer and Seller*. Informed consent means each client understands the facts, implications, and future consequences of providing their consent. You do not have to consent to transaction brokerage. If you don't consent to it, or the other party doesn't, there are other options available to you such as seeking representation from a different real estate professional.

*"Ask Charles" is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA), [www.reca.ca](http://www.reca.ca). RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta.*



# BUYER BEWARE: 13 Extra Costs to be Aware of Before Buying a Calgary Home

Calgary - Whether you're looking to buy your first home, or trading up to a larger one, there are many costs - on top of the purchase price - that you must figure into your calculation of affordability. These extra fees, such as taxes and other additional costs, could surprise you with an unwanted financial nightmare on closing day if you're not informed and prepared.

Some of these costs are one-time fixed payments, while others represent an ongoing monthly or yearly commitment. While not all of these costs will apply in every situation, it's better to know about them ahead of time so you can budget properly.

Remember, buying a home is a major milestone, and whether it's your first, second or tenth, there are many small but important details, not to mention

stress and excitement, to deal with during the process. The last thing you need are unbudgeted financial obligations in the hours before you take possession of your new home.

To help homebuyers understand what these extra costs are, and in what situations they may apply, a free industry report has been prepared called "13 Extra Costs to Be Aware of Before Buying a Home."

To hear a brief recorded message about how to order your FREE copy of this report call toll-free 1-800-514-7348 and enter 2008. You can call any time, 24 hours a day, 7 days a week.

Get your free special report NOW to make sure you're budgeting properly for your next move.

This report is courtesy of Sergey Korostensky, Associate, CIR REALTY. Not intended to solicit buyers or sellers currently under contract. Copyright © 2016



# It's a New Year for Healthy Sleep!

By Chris Carruthers PhD

2017 is upon us, with our good intentions to improve our health through diet and exercise. But sometimes it's a struggle to get more physical activity and healthy foods. Why? It may be due to our lack of quality and quantity of sleep.

Sleep balances our hormones, leptin and ghrelin, that influence our hunger and cravings.

Sleep cleanses and detoxifies the brain, so that we have the clarity and focus to make good decisions.

Sleep replenishes us, and provides us with the energy and willpower we need.

### Take action on the 4 Sleep Fundamentals:

1. Create a dark, cool, clean, quiet, and comfortable electronic-free bedroom that you love.
2. Build your sleep drive all day long with healthy lifestyle habits.
3. Improve your thinking about sleep. You probably get more sleep than you realize, and you can still have a great day after a bad night. Don't distress. Use your mental skills to refocus on relaxation, and don't let

your busy mind cause insomnia.

4. Learn three simple skills that help you get back to sleep quickly when you wake up for any reason: journal a little before bed, take deep slow breaths when

you awaken, and learn to scan and relax the body for a quick return to sleep.

Improving your sleep may be the single best thing you can do to improve your health! Focus on sleep first, and then tackle changes in nutrition and activity.

Tips for today and tonight: stop caffeine by 2 PM, make sure you get some time out in the fresh air,

practice a regular sleep ritual before bed (maybe some relaxed stretching or yoga), don't watch the clock during the night, and keep a regular bedtime and wake-up time all week long.

Sleep Well Tonight!

Chris Carruthers PhD is a sleep consultant in Palliser, who is on a crusade to help people feel great all day long with better sleep and more energy.

### The Sleep Well Tonight Checklist



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# Express Your Innate Power

By Dr. Alma Nenshi, Family Chiropractor

The Power that made the body heals the body. You have the innate wisdom to live the life you were designed to live. By letting go of negative thought patterns and destructive energy, you release what holds you back in life. Not only does this create more capacity for gratitude and abundance, it helps you deal with stresses in a healthy fashion while recharging your life with energy!

Give yourself permission to de-stress and heal from above-down, inside-out, physically, chemically, emotionally and spiritually. Recharge by living intentionally with integrity, honesty, kindness and love. Still if you are always feeling tired and no amount of rest fully recharges your batteries, take stock of what's important in your life. Is there incongruity between your thoughts and your actions? What must you do to course-correct?

True healing, be it physical, emotional, chemical, or spiritual, only occurs when 3 things are in place. First you must restore your energy reserves. Second, you need to remove or cope with all stresses that deplete your energy. And third, you must be able to organize your body's energy into healthy function. Healing cannot occur when the body is in crisis. Below are a few ways we naturally support patients in these three areas.

Since the body uses DC current to regenerate itself, we offer modalities that rely on DC current to help restore

the body's natural healing energy. Frequency Specific Microcurrent (FSM) is a low risk, non-invasive and incredibly effective therapy for nerve and muscle pain, inflammation and scar tissue. In a study with patients suffering with fibromyalgia associated with neck trauma, FSM reduced inflammatory cytokines IL-1 by 75% in only 90 minutes and reduced pain from average of 7.4/10 to 1.4/10 in 90 minutes. Our Erchonia PL-5 laser also increases energy at a cellular level while acting like a calculator that subtracts pain, while our BrainTap light and sound therapy clinically calms brain stress using brain entrainment technology to promote healing.

Of course plugging the holes in a bucket is just as important as filling it. Over-utilizing vitamins and supplements can tax the detoxification systems unnecessarily. While we can identify the specific supplements that best support your body's needs, we can also help you wean off those that you may no longer need.

Finally, it's not enough to just replenish your energy reserves; you must convert this energy into healthy biological functions, a process controlled by a delicate network of communication pathways called your nervous system. By alleviating stress on the nervous system, chiropractic adjustments enhance the functional health of everything the brain controls, including your digestion, reproduction, hormones, cardiovascular system, energy, pain, etc.

Most importantly, a healthy nervous system allows you unrestricted access to the innate wisdom within you, the source of all your inspiration, intuition and healing. Your nervous system is your lifeline to your inner Power, enabling you to live the way you were designed to live, strong, healthy, happy, vibrant, loving, and full of energy and potential!

As Wayne Dyer reminded us numerous times during his life, "Row, row, row your boat gently DOWN the stream." When you are able to let go and follow your intuition, you allow yourself to be an instrument of the Power that created the universes, directing your life as part of a greater plan. New thoughts and ideas will inspire you to take action, steps you otherwise may not have considered, but will ultimately accelerate you towards your life's path and purpose. Your life will unfold and manifest in ways you never expected. All you need to do is stay connected to your Power and trust in the process.... Then sit back and enjoy the ride!



# Open Eyes and Minds for Healthy Pets

Given recent event in the news, I would like to give this veterinarian's perspective on conventional Western medicine versus alternative modalities as offered by practitioners to pet owners. I know veterinarians who are adamantly against alternative medicine options for their patients; and I know veterinarians who have become so convinced of the benefits of alternative medicine that is all they currently practice. Most alternative veterinarians will spend a great deal of time, money, and effort to become certified in these fields.

I practice conventional Western medicine. I treat animals with pharmaceuticals and diet for illness, surgery as necessary, and use diagnostics such as blood work, radiographs, and ultrasound. I refer to board-certified specialists in oncology, internal medicine, surgery, and diagnostic imaging, to name a few. I treat animals with preventative medicine including vaccinations, and deworming. I ask questions about travel, diet, and behavior. If a client requests minimal vaccination protocols, we discuss risks and I offer titer testing. If a client wants to use raw diets to feed their pets, we discuss human risks, especially to immune-suppressed household members. I discuss conventional treatments for aging pets, but I also never dismiss alternative medical modalities. My

mantra is never close your mind to what is out there, but keep your eyes wide open. Be an open-minded cynic.

I am open to offering alternatives to my pet owners, I call them my extra tools in my toolbox to keep my patients well. I strongly recommend clients use practitioners who have acquired a high level of expertise only, and only those certified by reputable organizations. I discuss laser therapy, physiotherapy, rehabilitation | facilities with under-water treadmills, acupuncture, homeopathy, herbology, chiropractic, cranio-sacral, and visceral manipulation with any clients who are interested.

I know acupuncture best. I was certified as a veterinary acupuncturist, but was too busy in conventional practice to stay current. Acupuncture is now considered mainstream and classes are offered at most North American veterinary schools. Some practitioners treat using trigger points and others focus on moving energy along the meridians, but to the same outcome. There are limitations. Many clients come to an alternative medicine colleague of mine trying to avoid surgery for ruptured anterior cruciate ligaments in their dogs' knees. These people love their pets and will do anything to make them well, but are terrified at the idea of general anesthetic. A ruptured ACL needs conventional surgery to stabilize the joint, alternative medicine will not help. But after surgery, any number of the rehabilitation and alternative treatments may lead to an improved outcome.

Dandelion root and Milk thistle were once restricted to herbalists to treat chronic liver disease; they are now part of pharmaceuticals in conventional practice. Calming diets are available containing L-tryptophan, marigold, rosemary, and milk casein; all once considered alternative treatments. I use a homeopathic containing rescue remedy and arnica on the gums of almost every patient recovering from surgery. I have a homeopathic I use in very young puppies and kittens receiving vaccines to alleviate any side effects, but I absolutely believe vaccinations are necessary.

Health and wellness for our pets and ourselves is a pursuit that should never be limited by old or new restrictions and prejudices. The most important job of the veterinarian in consultations is to educate the client so that together they can provide the best quality of life for the pet. Stay warm.

Jennifer L. Scott, B.Sc., D.V.M.

# COMMUNITY ANNOUNCEMENTS

**Deadline – 1<sup>st</sup> of each month for the next month's publication**  
**Contact [news@great-news.ca](mailto:news@great-news.ca)**

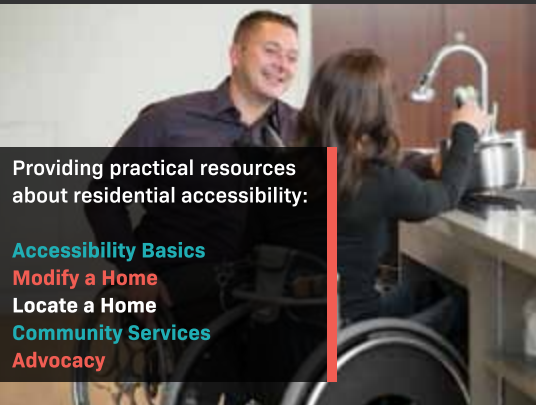
- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

**FLC SENIORS CLUB – TAI CHI 55+:** Study of Cai's Tai Chi, based on the Traditional Yang Style. Our Winter Session starts January 5<sup>th</sup>, with Thursday classes at the Trico Centre and the Lake Bonavista Community Association. Please call Juliette at 403-225-1593 or Christel at 403-271-1289. [www.flcseniors.ca](http://www.flcseniors.ca).

**LOVE TO SING?** Want to experience the benefits of singing in a welcoming vocal community? Vocal Latitudes may be the choir for you. A non-audition World Music community choir, Vocal Latitudes meets Tuesday evenings from September to May in a convenient central location. For more information, see [www.vocalatitudes.org](http://www.vocalatitudes.org).

## Accessible University



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- Locate a Home
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- Advocacy

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An initiative of Accessible Housing, a non-profit organization in Calgary

# IN & AROUND CALGARY



## Top 4 New Year's Resolutions for a Better Neighbourhood

*A message from the Federation of Calgary Communities Building Safe Communities Program*

Happy New Year! A better neighbourhood starts with you - start 2017 by being a good neighbour!

Here are 4 initiatives you can do to improve your neighbourhood:

- 1. Don't be a stranger** - Make it an objective to say "hello" to at least three neighbours that you don't know by name. Who knows maybe you'll make new friends!
- 2. Experience the great outdoors** - Plenty of neighbourhoods across our city have access to parks and pathways. Make it a point to be outside more often. Not only is getting outside good for your mental and physical health but it can build a greater appreciation for your neighbourhood.
- 3. Look out for one another** - Creating a safer community requires doing 1) and 2) on the list. When you're connected to your neighbours a sense of safety can be achieved. The more often you're outside, you can readily identify any unsafe aspects in your community.
- 4. Purchase a membership** - Obtaining or renewing an annual membership to your community association can offer social, recreational opportunities and community life.

For more resources check out our website at [www.calgarycommunities.com](http://www.calgarycommunities.com) under the Building Safe Communities tab.

# BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or [sales@great-news.ca](mailto:sales@great-news.ca)

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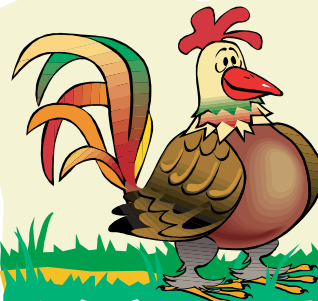
**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! [www.communitymediation.ca](http://www.communitymediation.ca), 403-269-2707.

**VIBRATION THERAPY TREATMENT FOR SUFFERERS OF:** osteoporosis, multiple sclerosis, diabetes, stroke, fibromyalgia, arthritis, back and joint pain. If you suffer from any of these conditions we are offering a one-month free trial of gentle Vibration Therapy and Exercise Protocols. Clinical Vibration studies show measured results for sufferers of these conditions. [www.spicewellnesscalgary.ca](http://www.spicewellnesscalgary.ca), 403-698-6892.

**HOME BUSINESS OPPORTUNITY:** Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

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**FREE TAI CHI DEMO:** Wednesday, Feb 1, 9:30 am at the McKenzie Lake Community Association. Fung Loy Kok Taoist Tai Chi™. For info call 403-240-4566 or [www.taoist.org](http://www.taoist.org).



## YEAR OF THE ROOSTER

Chinese New Year celebrations are Jan. 27 – Feb. 2 and this year is the year of the Rooster. Roosters are born 1921, 1933, 1945, 1957, 1969, 1981, 1993, 2005, 2017. Their personality is observant, hardworking, courageous, talented, frank and honest. Lucky numbers are: 5, 7, and 8.





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# Happy New Year!

We hope you have had a great holiday! We have had a fun and exciting season around the shelter with many animals finding wonderful new homes. It is hard to believe we are already a few days into a brand new year!

New Year resolutions are a popular tradition for many people, but did you know there are great ways to get your dog in on the fun too? This year, consider helping Fido resolve to master these five important life skills:

- 1. Reliable recall** – One of the most important skills for dog safety, a reliable recall is a call to return to you that works the first time, every time. This skill can be a challenge, but mastering it just might save your dog's life.
- 2. Serene sitting** – Learning to sit quietly and calmly is a great life skill that can be used to replace many undesired behaviours like barking at the door or jumping up.
- 3. Waiting patiently** – If your dog bolts out of doors or cars in excitement teaching Fido to wait could save your shoulder and protect Fido from injury. This skill will reinforce to your dog that GREAT things come to those who wait!
- 4. Leave it** – In our homes dozens of dangerous things, from prescription medication to toxic foods, can be accidentally dropped onto the floor. Teaching your pooch to 'leave it' gives you time to pick up the dangerous item and trade it for your puppy's favorite treat.

**5. Trading up** – A vital skill for every dog, the ability to trade items of 'value' (bones, toys, pilfered trash etc.) to you in exchange for something even better (high value treats and praise) will allow you to remain the 'bringer of great things', even when you have to enforce the rules.

Training these five skills can seem like a big undertaking, but as with all goals patience and persistence are key. Spending a little bit of time on training each day will exercise your dog's mind and have a huge payoff down the road too! Looking for some help in creating a class or choosing a training class? Does Fido have a tricky behaviour you want to add to your training list this year? Give our FREE behaviour helpline a call at 403-723-6018 to discuss options!

## BRAIN GAMES SUDOKU

9	2	3	6	8	1	4	7	5
5	8	4	3	7	9	1	2	6
1	6	7	2	4	5	3	8	9
7	9	8	1	2	3	5	6	4
3	5	1	7	6	4	8	9	2
2	4	6	5	9	8	7	3	1
8	7	2	4	1	6	9	5	3
4	3	9	8	5	2	6	1	7
6	1	5	9	3	7	2	4	8

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## New Brighton mybabysitterlist

Name	Age	Contact	Course
Andrea	17	403-714-3930	No
Armeen	15	587-707-1456	Yes
Aya	14	587-893-3788	Yes
Aya	14	587-349-3788	Yes
Breanna	27	403-862-8392	Yes
Cassidy	13	403-671-0064	Yes
Cate	14	403-720-8180	Yes
Danielle	17	403-455-4609	Yes
E. Nicholas	13	403-383-5584	Yes
Emily	15	403-437-0956	Yes
G. Sophia	15	403-383-5584	Yes
Hala	15	403-455-5004	Yes
Hannah	13	403-207-1794	Yes
Ifeoma	31	587-229-0333	Yes
Izzy	15	587-350-2080	Yes
Jessica	21	403-808-7353	Yes
Jordyn	15	587-893-2450	Yes
Kaitlyn	17	302-726-0000	Yes
Karina	13	403-454-1185	Yes
Katelyn.	21	403-796-7880	Yes
Katie	26	403-560-3042	No
Kiana	16	403-809-4973	Yes
Kristy	20	587-432-1616	Yes
Lauren	18	403-305-0526	Yes
Maia	13	403-474-5102	Yes
Maricel	40	587-435-3382	Yes
Paula	32	587-899-3250	No
Pia Ginelle	24	778-227-6330	No
Rachel	42	403-835-5582	Yes
Rayna	25	403-809-6986	Yes
Rhem	42	403-606-5551	No
Seema	42	587-892-9970	Yes
Shannen	17	403-919-7200	Yes
Sheree	28	403-422-0740	No
Shion	14	403-970-1891	Yes
Takira	13	587-777-3266	Yes
Tyra	15	403-604-0013	Yes
Victoria	13	403-697-3282	Yes

**Calling All BABYSITTERS** Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

**Calling All PARENTS** Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.

Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at [mybabysitter.ca](http://mybabysitter.ca).

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Life can feel like a puzzle



But it doesn't have to...

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PURPOSE  
 DAY  
 FALL  
 2017